



Steak and Charred Vegetable Tacos

 Gluten Free

READY IN



69 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon brown sugar
- ☐ 2 tablespoons canola oil divided
- ☐ 1.5 teaspoons chipotle chile powder
- ☐ 8 6-inch corn tortillas ()
- ☐ 2 large garlic cloves divided minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat

- ☐ 0.5 medium onion cut into 1/2-inch-thick slices
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 pound plum tomatoes halved lengthwise
- ☐ 1 bell pepper red halved seeded
- ☐ 0.6 teaspoon salt divided
- ☐ 1 pound skirt steak trimmed chopped

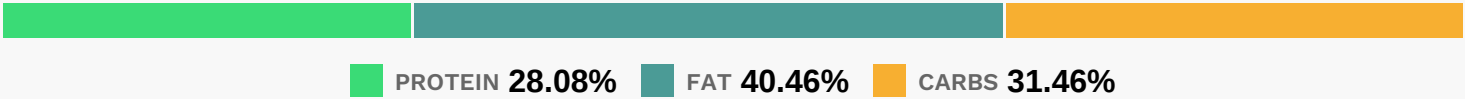
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine 1 tablespoon canola oil, lime juice, brown sugar, chile powder, and 1 minced garlic clove in a large zip-top plastic bag.
- ☐ Add steak; seal and toss to coat. Marinate at room temperature 30 minutes.
- ☐ Heat a large grill pan over medium-high heat.
- ☐ Brush the remaining 1 tablespoon canola oil over onion slices, tomatoes, and bell pepper. Arrange the vegetables in pan; cook for 4 minutes on each side or until charred and softened.
- ☐ Combine tomato, 1/4 teaspoon salt, and remaining garlic clove in a food processor or mini chopper; pulse until almost pureed.
- ☐ Place tomato mixture in a medium bowl. Coarsely chop onion and bell pepper; add to bowl. Stir in oregano and black pepper.
- ☐ Heat a large cast-iron skillet over high heat. Coat pan with cooking spray.
- ☐ Add steak mixture to pan; cook for 6 minutes or until done, stirring frequently. Stir in remaining 3/8 teaspoon salt.
- ☐ Heat tortillas according to the package directions. Arrange about 1 1/2 ounces steak on each tortilla; top each tortilla with about 2 tablespoons salsa and 1 1/2 teaspoons sour cream.

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:11.45, Inflammation Score:-9, Nutrition Score:23.76130424116%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 405.43kcal (20.27%), Fat: 18.72g (28.81%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 27.28g (9.92%), Sugar: 5.63g (6.26%), Cholesterol: 76.47mg (25.49%), Sodium: 480.36mg (20.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.24g (58.48%), Vitamin C: 48.59mg (58.9%), Zinc: 8.28mg (55.18%), Selenium: 28.91µg (41.29%), Vitamin B12: 2.48µg (41.26%), Vitamin B3: 7.89mg (39.47%), Vitamin B6: 0.78mg (39.03%), Phosphorus: 376.69mg (37.67%), Vitamin A: 1466.13IU (29.32%), Vitamin B2: 0.46mg (26.87%), Fiber: 5.47g (21.9%), Manganese: 0.43mg (21.44%), Potassium: 690.59mg (19.73%), Magnesium: 76.33mg (19.08%), Iron: 3.05mg (16.96%), Vitamin E: 2.34mg (15.6%), Vitamin K: 13.79µg (13.13%), Copper: 0.23mg (11.45%), Vitamin B1: 0.17mg (11.36%), Vitamin B5: 0.89mg (8.94%), Calcium: 86.95mg (8.7%), Folate: 33.13µg (8.28%)